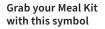


Asian Chicken Schnitzels & Garlic Rice

with Teriyaki Veggies & Aioli















Chicken Breast







Green Beans





Baby Spinach



Teriyaki Sauce

Leaves

Garlic Aioli

Pantry items

Olive Oil, Butter, Plain Flour, Egg



Hands-on: 35-45 mins Ready in: 40-50 mins



Eat Me Early

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
butter*	20g	40g		
jasmine rice	1 packet	1 packet		
water*	1¼ cups	2½ cups		
chicken breast	1 packet	1 packet		
carrot	1	2		
green beans	1 bag (100g)	1 bag (200g)		
plain flour*	2½ tbs	⅓ cup		
salt*	1 tsp	2 tsp		
egg*	1	2		
panko breadcrumbs	1 packet	1 packet		
baby spinach leaves	1 bag (30g)	1 bag (60g)		
teriyaki sauce	1 packet (65g)	1 packet (130g)		
garlic aioli	1 packet (50g)	1 packet (100g)		

^{*}Pantry Items

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Avg Qty	Per Serving	Per 100g
Energy (kJ)	3801kJ (908Cal)	621kJ (148Cal)
Protein (g)	46.9g	7.7g
Fat, total (g)	30.4g	5g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	109.5g	17.9g
- sugars (g)	14.3g	2.3g
Sodium (mg)	2136mg	349mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and a pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Get prepped

While the rice is cooking, place each **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm thick. Thinly slice the **carrot** into half-moons. Trim and halve the **green beans**.



Crumb the chicken

In a shallow bowl, combine the **plain flour** and the **salt**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** first into the **plain flour**, followed by the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.



Cook the chicken

paper towel.

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the crumbed **chicken** in batches until golden and cooked through, **2-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate lined with

TIP: Add extra oil if needed so the chicken doesn't stick to the pan.



Cook the veggies

Wipe out the frying pan and return to a mediumhigh heat with a drizzle of olive oil. Cook the carrot and green beans, stirring, until tender, 4-5 minutes. Add the baby spinach leaves and teriyaki sauce and cook, stirring, until wilted, 2 minutes. Season with pepper.



Serve up

Slice the chicken schnitzels. Divide the garlic rice, chicken and teriyaki veggies between plates. Serve with the **garlic aioli**.

Enjoy!